


*Trans Atlantic Training*

# Working with 2SLGBTQIA+ Children & Youth

Trans Atlantic Training  
Jennifer Thomson, RP  
Michelle Bridgman, Psychotherapist



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## Agenda

- Terminology
- Youth Development
- Gender Affirmative Model of Care
- Creating a Safe Space
- Working with Families



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### Terms Related to Gender & Sex

- Gender vs. Sex
- Gender Expression
- Transgender/Trans (man/woman)
- Cisgender
- Non-binary or Gender non-conforming
- Androgynous
- MtF and FtM
- AMAB and AFAB
- Intersex



### Terms Related to Sexuality & Attraction

- Gay
- Lesbian
- Bisexual
- Straight
- Pansexual
- Asexual

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Is gender innate or a social construct?

What does the term gender mean to you?

How are gender and sex different?

When did you first become aware of gender?

What do the terms 'masculinity' or femininity' mean to you?

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DESK REFERENCE TO THE DIAGNOSTIC CRITERIA FROM DSM-5 AMERICAN PSYCHIATRIC ASSOCIATION

Early Treatment

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Puberty

Ground-breaking work done by the Dutch

- Distressed young people
- Deferment of Puberty
- Tanner stage 2
- Up to 12 months
- Why? To buy time

Pre-puberty  
Tanner stage 1

Onset of Puberty  
Tanner stage 2

Development of genitalia, Breasts in girls, pubertal hair growth and body shape  
Tanner stage 3

Completion of puberty  
Tanner Stage 4

Tanner Stages

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"Our stance, as gender-affirming practitioners, is that children should be helped to live as they are most comfortable. For a gender-nonconforming child, determining what is most comfortable is often a fluid process, and can modify over time."<sup>2</sup>

**Gender Affirmative Model of Care<sup>1</sup>**

- Gender variations are not disorders
- Gender variations are healthy expressions
- Gender presentations are diverse and varied across cultures
- Gender involves an interweaving of nature, nurture, and culture
- A person's gender may be binary, non-binary, fluid, or multiple
- Distress connected to gender most often stems from negative reactions from the outside world

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**Gender Affirmative Model of Care<sup>2</sup>**

Gender identity and expression are allowed to unfold in the child over time as they mature, allowing for fluidity and change.

Important aspects of this process include:

- Support
- Problem solving
- Encourage open discussion
- Acceptance
- Time & space

*Affirming a young person's gender is just that, affirming a part of them, their expression. It makes no judgement, nor does it assume any long-term permanency. All too often we worry that we are 'encouraging' a child's gender expression by allowing it. What if we thought of it, as an expression that today makes them happy?*

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**Sex & Gender**

<https://ospe.on.ca/advocacy/intersectionality/>



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**Conversion Therapy & Detransitioning**

*"I'm in communication with 19- and 20-year-olds who have had full gender reassignment surgery who wish they hadn't, and their dysphoria hasn't been relieved, they don't feel better for it"*  
—Derek Evans, Transgender man

- What is conversion therapy?
- Is conversion therapy an appropriate treatment for gender dysphoria?
- Conversion therapy vs. trans-positive, supportive therapy
- How can we help clients make informed decisions about transitioning?
- Can we help clients avoid making decisions they may regret in the future?

*"Even though studies have shown that 75 percent of college students end up completely changing their major, we still ask young people to decide whether they're going to go into thousands of dollars in student-loan debt in order to go to college. Young people all across the country are making difficult decisions about whether they should have sex, drink at a party, or leave their home and rent an apartment. Exploration and experience are precisely the things that bring about change in our identities—this is, and always has been, normal."*

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**Break-out**

**What is the role of Psychotherapy and therapists when it comes to trans or gender-questioning youth?**

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## Creating a Safe Space<sup>5</sup>



**Forms**

- Ask questions such as legal name vs. preferred name
- Ask about pronouns
- Ask only what you need to know

**Language**


- Use inclusive and affirming language
- Don't make assumptions

**Materials**

- Put up posters in your office and information on your website that are inclusive
- Consider the people represented in your advertising

**Learn**

- Take every opportunity to increase your knowledge, experience different cultures, and learn about the LGBTQ2+ community



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## Appearance

*Letting the community know that your space is a safe space*




- Make posts about the community outside of pride month (stay up to date with any news)
- Post about being an ally
- Use inclusive language and imagery

- Indicate pronouns on staff profiles
- Indicate that you accept people regardless of sexual orientation or gender identity
- Utilize allyship or rainbow imagery (subtly)
- Use inclusive language and imagery
- Include a diversity statement<sup>6</sup>

- Include your preferred pronouns on your email signature
- Include a diversity statement at the bottom of your email signature



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## Family Support

Support outside of therapy is incredibly important for individuals struggling with their gender identity, especially for youth

Participation and exposure to the LGBTQ+, and particularly the transgender community, is important

- Clients need people they can relate to
- They need to know they're not alone
- Think outside of the box if there are limited community resources



*"trans youth who have strong parental support for their gender identity and expression report higher life satisfaction, higher self-esteem, [and] better mental health including less depression and suicide attempts, and adequate housing"<sup>6</sup>*



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**Thank you!**

*We'd like to take some time now for open discussion to ask questions, comment, provide feedback, etc.*

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